

## **Abstract**

Mental contamination, an important phenomenon in OCD, refers to a sense of dirtiness without any contact with objectively dirty contaminant. However, the concept of mental contamination has not been thoroughly researched and there is an impending need for a psychological model to explain the phenomenon.

### Objectives:

The overall goal of this study is to enhance our understanding about mental contamination. Based on an experimental paradigm developed by Fairbrother, Newth, and Rachman (2005), three experiments are designed. The first experiment aims at replicating the results of the original study in local Chinese women. The second experiment examines the relationship between contact and mental contamination. The third experiment investigates the presence of mental contamination in persons experiencing betrayal.

### Method:

Participants were assessed on questionnaires after imagining a non-consensual kiss or betrayal.

Three different pools of adult female participants were recruited for each experiment. In Experiment 1, 72 participants were recruited and randomly assigned to either a consensual kiss or a non-consensual kiss condition. In Experiment 2, 122 participants were recruited and randomly assigned to one of the four conditions. In Experiment 3, a total of 64 participants were recruited and randomly assigned to either non-betrayal or betrayal condition.

### Results:

In Experiment 1, with an imagined non-consensual kiss, feeling of dirtiness, urge to wash and negative emotions were reproduced. In Experiment 2, it illustrated that either kissing a physically dirty looking man or being kissed non-consensually would experience stronger feeling of dirtiness, urge to wash and negative emotions. The last experiment showed that an imagined betrayal, a form of psychological violation, also induced a feeling of dirtiness, washing urge and negative emotions as with an imagined non-consensual kiss.

### Discussion:

This study aims at expanding the understanding of mental contamination. First, the dirty kiss experiment is independently replicated in a Chinese population. Second, contact contamination and mental contamination are found to be separable and do not interact with each other. This underscores the independence of the two forms of contamination. Third, betrayal is shown to evoke mental contamination. Discussion has been made on the potential link between psychological violation, morality and mental contamination.

## 摘要

### 背景

思想性污染是指非經身體接觸而誘發骯髒的感覺。此名稱涵蓋了強迫性潔癖中一些尚未能被解釋的現象。至今，一向沿用的疾病預防理論，亦未能解釋思想性污染此現象。並且，在云云強迫症的症候中，思想性污染的治療亦尤其棘手。

### 研究目的

此研究主要旨在增加對思想性污染之理解，並由三個相互關連的實驗所組成。是項研究目標主要有三。一，在本地複製過去研究的成功產生的思想性污染；二，檢視思想性污染和接觸性污染的相互關係；三，探討被出賣之經歷會否引致思想性污染。

第一個實驗主要是以 Fairbrother, Newth 及 Rachman (2005)的實驗作藍本，並嘗試複製其結果。第二個實驗主要分析思想性污染和接觸性污染的相互關係。第三個實驗中，研究對象同樣會想像跟伴侶接吻，但當知道伴侶做出背叛的行為時，是否會引起接吻時沒有的思想性污染。

### 研究方法

在實驗一及實驗二，研究對象會收聽一段有關被強吻的聲帶並想像自己是當事人。在實驗三中研究對象會收聽一段有關自己男友不忠的聲帶。

每個實驗均分別招募不同的研究對象。在實驗一，七十二名成年女性被隨機分派到強吻或自願接吻的組別。在實驗二，一百二十二名成年女性被隨機分派到四個不同的實驗組別 (CC,DC,CNC,DNC)。在實驗三中，六十四名成年女性被隨機分派到兩個實驗組別中（出賣或不被出賣）。

## 研究結果

在第一個實驗中，當研究對象想像自己被強吻，這已能產生顯著的思想性污染，清潔衝動和不同的負面情緒。第二個實驗證實無論外表的清潔程度和是否願意接吻都各自對研究對象的思想性污染，清潔衝動和不同的負面情緒有顯著的影響。但是，外表的清潔程度和是否願意接吻並沒有明顯的互動。最後的一個實驗指出，想像伴侶背叛的行動，這一種心理上的侵犯，已足夠引起思想性污染，清潔衝動和不同的負面情緒。最後，三個實驗結果都一致指出研究對象的認知評價能夠有效地推測的骯髒感覺，清潔衝動和各種的負面情緒。

## 討論

此項研究帶出了以下幾項結論。第一，此研究能夠為思想性污染提供一個獨立的複製實驗。第二，思想性污染和接觸性污染能夠各自獨立出現。第三，被出賣的經驗亦會引起思想性污染。思想性污染跟道德和被侵犯的經驗之間的相互關係亦有所探討。

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